

**Minutes**  
**Owning Your Own Health Committee**  
**December 11, 2013 – 9:30 a.m.**  
**Scott Heyman Conference Room**

Present: Don Barber, Jackie Kippola, Leslie Moskowitz, City of Ithaca; Beth Miller, Excellus; Beverly Chin, Health Planning Council

**Call to Order**

Mr. Barber called the meeting to order at 9:40 a.m.

**Approval of Minutes November 13, 2013**

The minutes of November 13, 2013 were accepted as corrected. MINUTES ACCEPTED.

**Communication of Committee's Work to Board of Directors**

Mr. Barber said the Committee has talking about the concept of owning your own health and gathering information but to this point there has not been communication with the Board about future direction. Ms. Kippola said there have been a lot of great ideas presented and discussed but thinks there needs to be an outline or "game plan" presented to the Board showing not only what the Committee would like to work on but how results would be measured.

In addition to the Blue 4 You program, Ms. Moskowitz suggested the Consortium underwriting the cost of the flu shot. Ms. Chin suggested developing strategies relating to healthy meetings and healthy vending machines. Mr. Barber spoke of many municipalities being small and not having resources to develop wellness programs but stated a program such as Blue 4 You could be embraced on a Consortium-wide basis. Ms. Moskowitz suggested the Board could also recommend that each municipality have some type of health or wellness policy in place. Such policies could encourage healthy food at meetings, do stretches, and have ergonomically correct workstations.

Ms. Kippola explained how years ago the County had a nurse on staff at the Health Department and who had the responsibility to look at incident reporting and to prevent incidents that could eventually accelerate into a Worker's Compensation or health insurance claim. Although the County no longer has a nurse on staff it takes a serious approach to ergonomics and has an individual who does assessments at no cost. The County's Health and Safety Coordinator follows through on recommendations that are made as a result of the assessment to see that it is implemented. This resource is also available to other municipalities. *She spoke further about the safety training that is held and said she would provide members with the training packet.*

Ms. Miller spoke of the Blue 4 You Program and said Excellus offers it as a voluntary program but offers a reduction in the health insurance premium. Employees are able to work for a year towards meeting a health goal but if they do not show improvement or have gotten worse they will not continue to receive the premium reduction. She noted that not all groups using the program offer premium reductions; that is just one of many of the incentives that could be offered. If the Consortium were to use the Blue 4 You program it would have to be listed as an added benefit and approved by the State Department of Financial Services.

Mr. Barber said when the Committee met with Jennifer Stuckert of Interactive Health Solution she said the cost of the program per member per year was \$150 and asked how this

would be handled. Ms. Miller said it would come through as a claim with a special code that Excellus had approved to allow the necessary tests. The fee is all-inclusive; there would not be separate claims for the health coaching.

Ms. Chin asked if someone had all of the information from their physician could they still access the health coaching benefit. Ms. Miller said she would have to check with Ms. Stuckert.

Ms. Kippola asked how an employer measures the effectiveness of the program. Ms. Miller said employers receive an aggregate report from year-to-year. They only know if an employee has met all of the requirements to receive the incentive. Ms. Chin asked if it is clear that people who do not meet the metrics have a mechanism to get excused. Ms. Miller said employees are able to provide a doctor's note; Ms. Chin said it is very important that this information is communicated to employees. Ms. Kippola asked what information an employer would have access to. Ms. Miller said an employer would receive aggregate information on the testing results and could then decide what areas to target and would allow for a wellness campaign could be developed based on data from the Consortium's group.

Mr. Barber summarized the following suggestions of areas to be communicated to the Board of Directors and noted that efforts will need to be made to help all municipalities be successful:

- Developing a comprehensive flu shot plan;
- Encouraging each municipality to think about adopting a health policy (provide samples and resources to assist with this)
- Pursuing the Blue 4 You program and moving people to own their own health

Mr. Barber said he will present these recommendations to the Board and get feedback and will seek a commitment to work on a health policy.

### **Meeting Schedule – 2014**

The Committee agreed to move meetings to the third Wednesday of each month at 9:30 a.m. The next meeting will be January 15<sup>th</sup>.

### **Adjournment**

The meeting adjourned at 10:35 a.m.

Respectfully submitted by Michelle Pottorff, Administrative Clerk